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NATURAL HERBAL REMEDIES

Long Forgotten Old World Treatments and Natural Ancient Cures that Magically Heal Your Body and Mind

SANFORD EVANS

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TABLE OF CONTENTS

INTRODUCTION
WORKING WITH HERBS
- HARVESTING YOUR PLANTS
- DRYING YOUR HERBS
- STORING YOUR HERBS

CREATING YOUR HERBAL MEDICINES
- STEP ONE: CREATING YOUR HERBAL TEAS
- STEP TWO: PREPARING YOUR TINCTURES
- STEP THREE: PREPARING YOUR HERB INFUSED OIL
- STEP FOUR: CREATING YOUR HERBAL SALVES AND BALMS

MANAGING THE HEALTH OF YOUR IMMUNE SYSTEM
- EIGHT PILLARS OF A HEALTHY IMMUNE SYSTEM
- A HEALTHY PUNCH OF HERBS FOR THE HEALTH OF YOUR IMMUNE SYSTEM
- ESSENTIAL OILS AND THE IMMUNE SYSTEM

MANAGING FEVER
MANAGING ANEMIA
MANAGING ATHEROSCLEROSIS
MANAGING ARTHRITIS AND RHEUMATISM
MANAGING ASTHMA
MANAGING BRONCHITIS
MANAGING CANDIDIASIS AND ORAL THRUSH
MANAGING COLITIS
MANAGING DIABETES
MANAGING ENDOMETRIOSIS
MANAGING MIGRAINE
MANAGING HEPATITIS
PREVENTING CANCER AND AIDS
SEVEN MORE HERBAL REMEDIES

INTRODUCTION

The very thought of healthy living makes you groan, doesn't it?

A rigid exercise schedule coupled with some tasteless bland food! Not again….

Well, let me begin this book by clearing the big myth of good health. Great health is not equal to tasteless food and a grueling exercise schedule. It is about understanding your body, getting closer to nature and discovering how you can achieve true harmony, happiness and longevity.

Nobody wants to fall sick. And yet, when you do fall sick at times, you begin blaming the system – *there is so much pollution around you, and then your hectic lifestyle or may be it is just destiny!*

This book has been written with an intention to make you feel good about yourself by naturally strengthening your immune system and ensuring that you stay in control of whatever happens to you.

Diabetes, Fibromyalgia, SLE (Systemic Erythematosus Lupus), Alopecia, Rheumatoid Arthritis, Asthma, Myasthenia Gravis, Cancer – you are probably petrified by all these names. Haven't you have heard about health care practitioners, nurses and patients talk about the way your immune system sometimes gets compromised, leaving you impacted by disease? And then there are people who have probably tried everything under the sun - all sorts of medications, therapies and medical procedures and are still living in pain. You surely dread this and also secretly wish for a magic pill that can provide you with some protection against these deadly diseases.

And guess what? This secret magic wand is present right there in your body!!!

It is what you refer to as the ***immune system – the nature's most impactful miracle cure!***

Let us look at an example:

Jenny, who had been feeling fatigued for quite some time now, thought that her persistent joint pains were due to extremely hot weather conditions. And then obesity was taking a toll on her self-confidence.

She mentioned how her doctor suspected Rheumatoid Fever, and then Lupus and finally it turned out to be congestive heart failure. An abnormally high pulse, chronic hypertension, dangerously elevated cholesterol levels, along with a battery of tests confirmed the diagnosis. She came across a newspaper article that mentioned the dangerous side effects of allopathic medicines and decided to get closer to nature. Her visit to a natural herbal therapist, who put her on a diet of natural foods, herbal remedies, daily walks and pure water, helped her fall in love with life once again. She discovered how her body functioned and responded to various triggers, and understood what was required to maintain great health and harmony. She also learnt to deal with daily stress in a more positive manner.

All these tips have been covered in this book. I encourage you to use this book as a friend who can help you listen to your body and enable you to understand why you feel the way you do. It will also empower you to design a path leading to great health and that too through common sense and simplicity!

Jenny's story raises some important questions: Natural healing is a slow process, so should we not have considered the modern allopathic system of medicine to cure her? How on earth can holistic healing or natural herbal remedies prove useful in a scenario where the patient does not have too much time at his disposal? Is there a natural mechanism to elevate the health of your immune system – after all, prevention is better than cure, isn't it?

Now, are you aware that the modern allopathic system of medicine is a system focused on symptoms? So, if you and your friend demonstrate similar symptoms, chances are that a traditional medical doctor (allopathic medical practitioner) would bundle up these symptoms together and provide you both a similar diagnosis –

whatever diagnosis your symptoms bundle up to! Therefore, both you and your friend would receive similar treatment! Isn't that a bit scary?

Now, if you visited a natural herbal therapist or a holistic expert, ***he would try and gauge a number of factors that seem to be beyond the obvious*** – these could be things such as your job, your exposure to the toxins in the environment, the place where you grew up, stress level, sleep habits, diet etc. And if these are different for you and your friend, you will definitely receive different treatments even if your symptoms seem similar!

The natural herbal manner of healing is a holistic manner to treat diseases. It is a highly individualized approach to healing, and each person is dealt with a unique thought process – this personalizes the protocols and therapies for each individual!

Now, it is important to either catch your illness in its initial stage or deploy the preventive therapy. This book will help you in both scenarios. It will empower you to take your healing and health in your own hands (by naturally strengthening your immune system) and also provide you the information that you need in order to help people around you.

And believe you me, these herbal natural remedies that you read about in this book will serve as really strong and good medicines – *because they will be created by hand and therefore, infused with your intention to heal along with the love you bring!*

In the coming chapters, we shall follow the step by step process that will take you through the process of harvesting your plants and using them for the purpose of remedies. We shall also discuss some common remedies.

WORKING WITH HERBS

The process begins with harvesting your plants, drying the parts that you need and then storing them for medicinal use.

HARVESTING YOUR PLANTS

The first step to this process is *identification of the plant* that you would like to harvest.

Now that you are aware of the plant, you must *check the land surrounding the area*. Can you hear a busy road nearby? Or may be spot a field of plants that have been sprayed with pesticides?

Do you see your plants healthy and smiling back at you? Are they full of various kinds of pollinators all around?

If the plant as well as the land seems to be good, you may begin the process of gathering your plant.

A number of techniques are prevalent here. Some people identify a big plant and term it as the *grandmother plant*. They worship this plant and seek its permission to harvest the surrounding plants. In other cases, the process of harvesting is plain business. Whatever technique you choose to deploy, always remember that harvesting should be done with gratitude. After all, you are requesting the plant to share its life force with you, aren't you?

The best time to harvest the above ground *parts of a plant* (including the leaf, stem, flower and bark) is the full moon. Likewise, the parts of a plant that are found below the ground (necessarily the root), can be best harvested during the new moon.

We can also say that the *most favorable season to harvest* the aboveground parts is the summer and the spring and the most favorable season to harvest the roots is late in the fall or early in the spring.

The *ideal time for harvesting* would be early in the morning when the morning dew has evaporated and the sun is not strong enough to wilt the plant. A clear, sunny day is always preferred.

It is important that you gather only those parts of the plant that you require. In this process, you want to choose healthy parts only. Therefore, you must carefully choose healthy leaves and leave the ones that have been spoilt by insects and moths. You may cut the entire stem or pinch of the new growth from the top. This will also boost the growth of the plant. You must be extremely careful while harvesting the roots since this leads to killing the plant. Loosen the earth around the plant to pull out the root gently. Taproots may be a little difficult to harvest and may also break during the process. You must be really careful with the process and do remember to fill the earth back with soil once you have pulled out the roots.

DRYING YOUR HERBS

Drying your herbs needs technique and effort too. You must aim at drying all the aboveground parts of the plant, in bunches that are small enough to facilitate optimum circulation of air. You may want to hang the plants with strings – these should be hung at a place where they do not have exposure to direct sunlight and do receive optimum circulation of air. The back seat of a car makes a great drying room, especially if the indoor space that you possess is damp and lacks proper circulation. The leaves, stems, bark and flower can be dried in baskets made up of nylon. Metallic baskets are a strict ‘no’.

You must wash the roots of the plant before attempting to dry them. The soil attached to the roots needs to be washed off! You may want to cut them into smaller pieces, wash them and then dry them by placing in baskets.

STORING YOUR HERBS

Store all your dried herbs in airtight containers (preferably made of glass).You must label the jars neatly and store them in a cool, dry place away from direct sunlight.

CREATING YOUR HERBAL MEDICINES

In this chapter we shall talk about the process of creating herbal teas, tinctures, balms and herb infused oils.

STEP ONE: CREATING YOUR HERBAL TEAS

The process of creating your own medicinal tea may involve preparation of a decoction or an infusion.

Decoctions have the potential to extract the medicinal properties from bark, roots, mushrooms and other hard surfaces. In order to achieve the perfect decoction, you may need to work a little harder and chop, grind or grate the parts of the plant. Break the big parts of the plant into smaller pieces and then grate these into a glass or stainless steel pot. Cover this with cool water and then bring it to boil by placing over a stovetop. Reduce the flame once the water starts boiling, simmer for around forty minutes and keep the solution overnight. A *solar infusion* extracts the medicinal properties of the herb with the help of the sun. Keep the grated herb covered with water in a glass pot and set it out in the sun. *Lunar infusions* aim at extracting the medicinal properties of the herb, taking help from the moon. The herbs need to be covered with water and kept in moonlight.

Infusions can extract the medicinal properties from the stem, leaf, bark, flowers and even some roots. Dried herbs may be rubbed between your palms and fresh ones can be torn or chopped. This process facilitates the release of essential oils from the plants by breaking the cell walls of the plant. Place the herbs in a stainless steel or a glass pot and cover with boiling water. Cover the container just to ensure that the medicinal qualities of this tea do not escape with steam.

It is extremely important to *choose containers* made of stainless steel, glass or enamel during the process of creating decoctions and infusions. Aluminum and plastic containers may react with the herbs and therefore lead to more harm than good.

You may *steep these* for as much time as you would like to (depending on the strength that you want). Some herbs, such as chamomile may however turn bitter if left to steep for a long time. On the other hand, there are herbs such as nettle that can be infused overnight. In fact, they become more mineral rich with the length of time they are steeped for.

Do not forget your *intentions and the power of positive affirmations* throughout the process of creating your decoctions or infusions. Think about all the positive changes that you would like to welcome in your life and let the energy from your herb infused water fill you with health, vigor and vitality.

It is also important to remember that the water from herbs has evaporated during the process of drying them. Dried herbs are therefore more concentrated than the fresh ones. Here is the *basic dosage guideline* for usage in medicinal teas:

- **Dried herbs:** Infusions and decoctions can be prepared by using one tablespoon of dried herbs with a cupful of water.
- **Fresh herbs:** The dosage for usage of fresh herbs will be double of what it is for the dried ones. Therefore, two tablespoons will be required with a cupful of water.

STEP TWO: PREPARING YOUR TINCTURES

Tinctures can be termed as concentrated liquid extracts that are prepared from medicinal herbs. The liquid that is used to source the medicinal properties of herbs is called the menstrum. The most common menstrum used is alcohol. Glycerine and vinegar may also be used.

Tinctures can be placed directly in water or diluted in tea, water or juice. A few individuals love to add their tinctures to a cup of extremely hot water. This is because they would like most of the alcohol from their tincture to evaporate before consumption.

A number of methods can be deployed to prepare tinctures. I normally prepare my tinctures from dried herbs and let them soak into the menstrum for at least one full moon cycle.

Preparing tincture from fresh herbs:

- Let us begin with the first step of harvesting the plant. Locate the plants that are away from busy roads, have not been treated with pesticides and are ready to be harvested. Harvest only the parts that you need and do not forget to give thanks to the plant.
- Chop or tear these herbs finely and fill them in a clean jar. Don't stuff them in the jar such that there is no space for them to move around. There has to be room for movement of herbs as well as the menstrum.
- You may want to add a percentage of water in your herbs prior to using alcohol or glycerine. Just remember to stir and blend it all together.
- Next, pour your menstrum (alcohol, glycerine or vinegar) over the herbs and cover them completely. Seal the lid firmly.

- Let your tincture sit for at least a fortnight. Some people give it around a month to infuse whereas some are known to keep it for a few years too. Ensure that you are shaking the jar full of mixture every day.
- It is important for you to feel connected to the process (grow the plant, harvest the parts that you need and create your own medicines). This ensures that the medicines are powerful enough to heal you!
- The next step involves straining your herbs – remember to squeeze to get out as much of medicine as you can. Pour your tincture into amber colored glass bottles in order to prevent it from sunlight. Store these bottles in a cool and dry place, ensuring that you label them carefully with the name of the herb, menstrum and date of packaging.

Preparing tinctures from dried herbs:

- Before using the herb, check its aroma, texture and color. This ensures that the herb has retained its vital energy.
- Fill the glass container with this dried herb. Only fill half way up since the herb will regain its moisture during the process of preparing tinctures and expand in volume.
- Add enough menstrum to cover the herb. Ensure that the container is not filled up to the top. You want to leave some space for the herb to expand as it rehydrates during the process.
- Let this sit in your jar for around a fortnight.
- Strain and squeeze out the medicine that you want. Store it in a cool and dry place, away from direct sunlight. Amber colored bottles are the best to store tinctures. Do not forget to label your bottles.

The dosage required for consumption depends on your age, situation, potency of the herb and a number of other factors. A general guideline for use in chronic situations is around thirty drops

of tincture to be used three times every day. Acute situations may call for around fifteen drops to be used every one hour.

STEP THREE: PREPARING YOUR HERB INFUSED OIL

The process of creating your herb infused oil is similar to the manner in which you prepare your medicinal tea, the only difference being usage of oil in place of water. You may want to create a medicinal oil to heal your wounds, a massage oil to soothe your tired muscles or an oil to energize you post a bath – the process for creation of the oil will remain the same, irrespective of the purpose it is being used for.

Creating your herb infused oil using fresh plants:

- Similar to the process of creating tinctures, try and grow your plants at a place away from busy roads and free from pollutants. Remember to only harvest the parts of the plant that you require and thank the plant for passing on its vital force to you. You may want to let your herbs wilt in the basket for some time. This is important so that the moisture form the herb evaporates and does not initiate any bacterial growth into your body.
- Once the moisture has evaporated and your herbs are ready to be used, chop them into smaller pieces and place them in a dry glass jar.
- Pour your oil into the jar such that there is enough oil to cover the herbs.
- Cover with a lid and place this jar in some warm space. It is good to place this jar near a window that gets optimum heat from the sun. Alternatively, you may place it near your stovetop.
- Let this sit for around a month, keeping a close watch on your oil. If you notice some dampness around the jar, wipe it with a dry cloth. Sometimes, molds may appear in the oil. This can be because your jar was not fully dry initially or there is too much moisture from the plant. As you observe the mold, you may be

tempted to throw your oil. Wait! You can just spoon off the mold and use the oil.

- Strain your oil using a muslin cloth and place it in a wide mouthed jar. Repeat the process of straining every two to three days for the first two weeks and then pack your oil in amber colored glass bottles.
- Don’t forget to label your bottles.

The method to be followed during preparation of herb infused oils using dry herbs is exactly similar to the one followed using fresh herbs. The only difference is that the glass jar should be half filled with dry herbs. This is because the dry herbs will absorb oil and water and expand in volume.

The double boiler method is effective when you do not have enough time to let the herb infuse into the oil. You would just need to warm your herbs and oils by placing them in a double boiler. The only precaution to be used here is that the mixture needs to be warmed and not boiled. Stir frequently and let the herbs infuse into the oil. The longer you warm your herbs, the stronger your oil becomes. Cool this oil and strain through a muslin cloth as mentioned in the method above.

How should you choose your oils?

Well, the most commonly used oil for the purpose of medicine is the olive oil. The best variety available is the extra virgin cold pressed olive oil. You may want to use Jojoba oil in case you prefer something that is closest to your body’s natural oil.

Worried about dry skin and wrinkles? Try almond oil!

Ayurvedic medical practitioners recommend the use of sesame oil. This is because sesame oil is warm on skin and offers a host of medicinal benefits.

Here are some possibilities of herbs that can be infused in oils for medicinal use:

- Wound healing: You may want to infuse sesame oil with Yarrow leaf and flower, Plantain leaf or St. John's wort blossom.
- Soothing oil: Olive oil can be infused with herbs such as St, John's wort, ginger oil or cayenne pepper in order to soothe sore muscles.
- Calming oil: Lavender, Chamomile and Mugwort can be used to create your calming oil.
- Breast massage oil: Dandelion blossom, Plantain leaf and Red clover blossom can be infused in sweet almond oil or olive oil.

STEP FOUR: CREATING YOUR HERBAL SALVES AND BALMS

A salve is a blend of herbs, oils and wax is used on the skin externally. It protects the skin and is useful in cases of extreme dryness, rashes, stings, burns, diaper rashes, fungus etc. Salves can be prepared in various ways. The most popular method of preparation, however, involves warming a cupful of herb infused oil in a pan. As the oil is heating, add about five tablespoons of chopped beeswax and stir. As the mixture solidifies, place it in the containers and store in the freezer. You may also want to pour additional ingredients such as essential oils or vitamin E before packing your salve in containers.

The shelf life for a salve is about a year. They last longer if placed in a cool and dark place. Lip glosses are prepared in this manner.

Here are some possible salves and balms:

- The *anti-fungal salve* is prepared using herbs such as Tea tree essential oils and Calendula blossoms.
- A *mint chocolate lip balm* may be prepared using cocoa butter and Peppermint essential oil.
- The *decongestant salve* can be prepared using herbs such as Eucalyptus, Rosemary, Thyme or Peppermint.
- A *heal all salve* uses herbs such as Plantain leaf and St. John’s wort flowers.

MANAGING THE HEALTH OF YOUR IMMUNE SYSTEM

Have you wondered why sometimes one person may get impacted by flu and another one living with him not show any signs of ill health? It is similar with epidemics, some individuals get impacted and others are able to save themselves completely! Isn't it strange?

The answer to this lies in the incredible defense mechanism present in your body – *it is called your body's immune system!*

This network of cells, tissues and organs that collectively work together in order to protect your body against any kind of attack by foreign invaders such as the parasites, toxins, microbes and viruses is called the immune system.

Your immune system possesses the power to recognize millions and trillions of enemies and in response produces certain specific secretions to fight against them. It is remarkably complex with a sophisticated communications network comprising of multiple layers of defense mechanisms and is at times even self-learning.

It surely does a lot of work, doesn't it? Do you notice that not so nice, red, itchy mark appearing on your skin post a mosquito bite? This can be seen as the simplest example of your immune system reacting to a foreign body.

A master inventory of all the substances found in your body is maintained by your immune system. Therefore, a new substance, that is not a part of this master inventory, is attacked by the system. This substance or the foreign body that leads your body to produce an immune response is referred to as the *antigen.*

I will try and simplify this further. Let me take an example of a bacterial infection. On getting invaded by any kind of bacteria, your immune system can possibly react in three different ways:

- It may choose to *create a barrier* for the bacteria, which prevents this bacteria from entering your body
- If the bacteria do manage to cross this barrier, your immune system has the potential to *detect and eliminate these bacteria before they settle down* in your body and before they initiate the process of reproduction
- If the bacteria still manage to lead to an infection, the immune system *fights it out and takes the responsibility of eradicating them* from your body

Your immune system has an exceptional ability to distinguish between your body's own cells (which is called as 'self') and the foreign cells (which are called as 'non-self').

In a situation where your immune system mistakes 'self' for 'non-self', it initiates an attack against your own cells or tissues. This results in *autoimmune diseases.*

Is there a natural way to strengthen the immune system?

Sure, there is!

Let me first talk about a few lifestyle modifications that may be required in case you sense a cold or flu coming your way:

- You must simplify your diet to soups, grains, veggies, tea, miso broths and fresh water.
- You should get adequate amount of sleep (at least seven to eight hours a day).
- Keep your neck, feet, ears and lower back covered and warm.
- Sea salt rinses for nose and mouth are recommended.
- How about a media fast? No television, computer, radio, cell phone, newspaper and magazines! You want to give time to your nervous system to recuperate.
- Avoid milk products and sweets.

Now, here are a few herbs and healing foods that are great for your immune health:

- Miso broth can serve as a super healer for the health of your digestive, nervous and immune system. Simply stir a teaspoon of miso paste into hot water and drink. Remember, the water should be hot and not boiling as you don't want to kill those live enzymes and beneficial bacteria in the broth.
- Lacto fermented veggies are a great way to boost immunity.
- You could also try the sumptuous miso spread on your carrot sticks or crackers. To prepare the miso spread, mince one inch ginger and four cloves of garlic. Add a tablespoon of honey to this paste along with a pinch of turmeric powder and cayenne pepper. Now, add a tablespoon of miso paste and half a cup of tahini into this. Spread on crackers, toasts or carrot sticks!
- You can even spread some local raw honey over a fresh lemon wedge. Sucking out the juice from this every day boosts immunity. Take a fresh lemon wedge each day.
- A clove of raw garlic chopped into a spoonful of raw honey can stimulate your immunity.
- Five cloves of garlic can be immersed in a cup of apple cider vinegar. Leave this overnight for the flavors to blend in and add some honey to this mixture the next morning. Consume a spoonful every four hours.
- You may mince some fresh horseradish and mix it with equal parts of raw apple cider vinegar and honey. This can be stored in the refrigerator and is an excellent immune strengthening agent.
- Echinacea tincture is excellent for immune system support. A tincture can be prepared using the methodology mentioned in the previous chapter. Store this in the refrigerator and consume a teaspoon once a day.

- Elderberry syrup serves as a great immune system support. Use dried elderberries and add ginger and Reishi mushrooms before soaking them in water. Cook over slow flame for a few hours and add some raw honey into the mixture to enhance the taste.
- Cook all your food using high quantities of culinary herbs that can act as great support to the immune system.
- You may also use the essence from flowers such as Echinacea, garlic, yarrow and morning glory. Flower essences can heal you at an emotional and cellular level.

EIGHT PILLARS OF A HEALTHY IMMUNE SYSTEM

An observant immune system is your body's protective barrier against various infections and damages from toxins, viruses and bacteria.

In order to reinforce your body's inherent skill to ward off diseases and infections, you should consciously feed your body with the basic resources it needs in order to attain and maintain overall health. This holistic approach can support your natural healing process by detoxification and strengthening of your immune system.

Now, is it possible to break down this holistic approach into various components that can help you reinforce your body's natural defense mechanism? The answer is YES!

Let me introduce you to the eight pillars that lay the foundation of a healthy immune system:

A natural balance between these eight pillars empowers your body to heal itself and provides protection against various diseases.

A breath of fresh air!

Air is defined as a mixture of nitrogen, oxygen, water vapor, carbon di oxide and traces of a few other gases. Wouldn't it then be great if we could just breathe in pure oxygen? Well, that surely sounds great but research proves otherwise. Prolonged exposure to pure oxygen has also proven to be harmful.

The next logical question that comes to mind is – *'Can prolonged exposure to air become harmful?'*

Absolutely not!

Air did not occur by accident. It is in fact a carefully manufactured compound by the creator of the universe. Therefore, air is considered as Nature's first most powerful remedy!

The cells of the human body must receive a regular supply of oxygen through the air you breathe.

Did you know that the transport of oxygen from the outside air into the cells of your body and carbon dioxide from your body to the outside air is maintained by your lungs which function best when they are made to work more?

True, your lung capacity elevates with hard work.

This leads us to the second pillar of a healthy immune system or our second most powerful natural remedy:

Exercise

Exercise facilitates maintenance of great cardiovascular health and empowers you to maintain a considerable distance from depression and anxiety. Nature has designed a very powerful exercise – this is called walking! And 'walking in fresh air' is something that I must mention here.

Remember, spa memberships are fancy and 'in' but exercising in some of the best spas and gyms can never take the place of walking in fresh air and sunshine.

You may want to choose a walking program that you enjoy – define where you would like to walk, how much time you would like to spend, if you would like a buddy etc. Walking with some friends or family members can make this simple activity fun.

Rest

How do you heal yourself when you are sick? You rest, correct?

Rest is one of the basic healing therapies from Nature's cabinet. You do this every day – you lie down at night, doze off and allow nature to heal you from within, don't you?

Just like your muscles need a relaxation post every contraction, your body needs sleep post a hectic day – *this sleep helps your body to regenerate and heal itself!*

It must also be noted that only a person who has been physically active during the day can enjoy a great sleep at night. You may want to go for an evening walk in case you lead a sedentary lifestyle. It is important to maintain consistency with your sleep and wake up time. Fresh air into the sleeping room not only enables you to sleep well, but also helps you get that fresh bout of early morning oxygen! Chocolate, nicotine, tobacco, caffeine can all hamper your ability to sleep well.

Recreation is another important form of rest. Just try and do what you love most at least for a few minutes (if not hours) in a day. A Nature walk can be the perfect way to rejuvenate yourself!

Natural food

Natural foods are the foods that can be obtained from nature and lack any artificial ingredients – they are not prepackaged and processed, and are neither frozen nor loaded with preservatives, artificial color or flavorings.

Unadulterated natural food can fill you with health, vitality and energy. These can be found close to nature – they are the grains, legumes, fruits and vegetables that can be obtained from your local

market, farmhouse or an orchard where they have not been physically altered through the use of preservatives.

All unnatural food stuff can be located on the shelf of your grocery store and is normally available in a bag. It is processed and preserved for your convenience. This convenience in reality leads you towards the uncomfortable truth of life – *it takes you away from nature and in turn sabotages your health.*

Sunlight

Sunlight displays a profound positive impact on your immune system. The lymphocytes present in your body multiply in number after they are exposed to sunlight. The UV light also impacts your internal organs such as liver, pancreas, kidney, stomach and adrenal glands.

Sunlight has the ability to speed up the metabolic processes in your body and eradicate the toxins that your body has already accumulated. It also enhances the production of vitamin D which has been termed as a miracle hormone.

In a nutshell, sunlight elevates your appetite, enables you to get a sound, restorative sleep at night, builds your bones and enhances your general well-being – *is this not enough to nurture that sunny spirit?*

Pure water

Nothing tastes as great as pure soft water. Your body loses approximately three quarts of water every day. Did you know that you lose water during breathing, talking, blinking – you lose water all the time!

Now, lack of water can lead to various health problems. One of the biggest causes of headaches is dehydration. Dehydration can lead to thickening of blood, eventually putting a strain on your circulatory system. This in turn may lead to an elevated blood pressure, heart attack or even stroke. A number of physicians trace down the cause of constipation to low intake of water.

It is advisable to start your day with a glass of room temperature water. External use of water also has a healing impact on the body. Moist heating pads, daily bathing rituals, hot and cold foot soaks are some of the ways to remove toxins and heal your body.

Moderation

This implies exercising deliberate control over your thoughts and actions. Practicing moderation or self-control to enjoy things that are good for you plays a great role in healing you. You know that sunshine is good for your body, don't you? But understanding that too much of sunshine can lead to skin cancers and sunburns is important! Similarly, exercising does a ton of benefit to your body. However, too much of exercise can do more harm than good. Just as it is important to practice moderation in all your activities, it is also important to practice self-control in activities such as coffee, tea, alcohol, nicotine, soda, excessive television watching etc.

Perfect healing can only happen when you want it to happen – therefore, a positive attitude, self-control and moderation are extremely important. It is imperative that you do not abuse your body by unhealthy habits and food stuff and endeavor to stay as close to nature as possible.

Prayer or Trust in God

Meditation and prayer declutter your mind and support the total healing process in your body, enabling you to create a natural balance between the two. Positive thoughts help you heal, recuperate and recover. Just as stress kills you slowly, trust in God or the superpower and prayer helps you feel alive! Just leave your worries to the superpower and allow Him to heal you!

A HEALTHY PUNCH OF HERBS FOR THE HEALTH OF YOUR IMMUNE SYSTEM

Your immune system is largely dependent upon your stomach for support. Certain herbs are known to positively impact your immune system. Some of them are:

- **Aloe vera:** Although there is no proven research to indicate that aloe vera boosts your immune system, the fact that it is used to cure minor burns, wounds and skin inflammations suggests that aloe vera is actually beneficial for your overall health.
- **Astragalus:** Astragalus is derived from the root of a perennial plant, *Astragalus membranaceous*, and is regarded as an immune system booster. It plays an important role in heart diseases, diabetes, high blood pressure and respiratory infections. It is also a diuretic.
- **Echinacea:** Echinacea is considered to be one of the best immune system stimulants. The roots and leaves of the plant possess amazing medicinal properties.
- **Cat's claw:** Cat's claw is a known immune-modulating herb. The alkaloids present in the herb are said to demonstrate antiviral, anti-inflammatory and antioxidant properties. They also work as powerful immune boosters
- **Garlic:** Garlic is known to possess amazing cardiovascular, antineoplastic and antimicrobial properties – it therefore has a profound impact on your overall wellbeing.
- **Ginseng:** The root of the ginseng plant has a remarkable potential to boost your immune system.
- **Ginger:** Ginger diminishes blood clots, inflammation, cholesterol and risks of cardiovascular diseases. It also has a diminishing impact on the behavior of genes associated with inflammation.

- **Gingko biloba:** The leaves of gingko biloba are loaded with antioxidants, which are responsible for preventing your body against the damage caused by free radicals.
- **Ganoderma:** This is actually a bitter variety of mushroom, known as Reishi and has been used since ancient times in Chinese medicine. It promotes longevity and health. It enhances the functioning of the immune system and also possesses the ability to fight cancer.
- **Turmeric:** Turmeric contains curcumin, which is best known for its antioxidant properties. It is also an extremely powerful antibacterial, anti-inflammatory and stomach soothing herb.
- **Mistletoe:** Research suggests that mistletoe increases the activity of white blood cells and therefore stimulates the immune system.
- **Olive leaf extract:** The olive plant is a magnificent source of advantageous plant compounds such as tocopherols, anthocyanins, flavonoids, polyphenols and sterols. The greatest benefit of olive oil is its ability to deliver powerful polyphenols that have amazing anti-microbial properties which stimulate your immune system.
- **Goldenseal:** Goldenseal is said to kill bacteria and is therefore used in treatment of various kinds of canker sores, eye infections, urinary tract infections, diarrhea, and vaginitis. A substance called berberine present in goldenseal imparts the herb its superpower to kill certain kinds of bacteria and fungi.
- **Andrographics:** Andrographis paniculata is a shrub found in India along with other Asian countries and is known for its powerful anti-oxidant, anti-inflammatory and anti-cancer impact. The anti-microbial properties of andrographics have a powerful impact on your immune system.
- **Lomatium root:** Lomatium root, also termed as the Indian consumption plant, has powerful anti-viral properties and is used

to treat cough, cold, flu and other respiratory tract infections. The immune stimulating properties of this herb empower it to fight any inflammation present in the body.

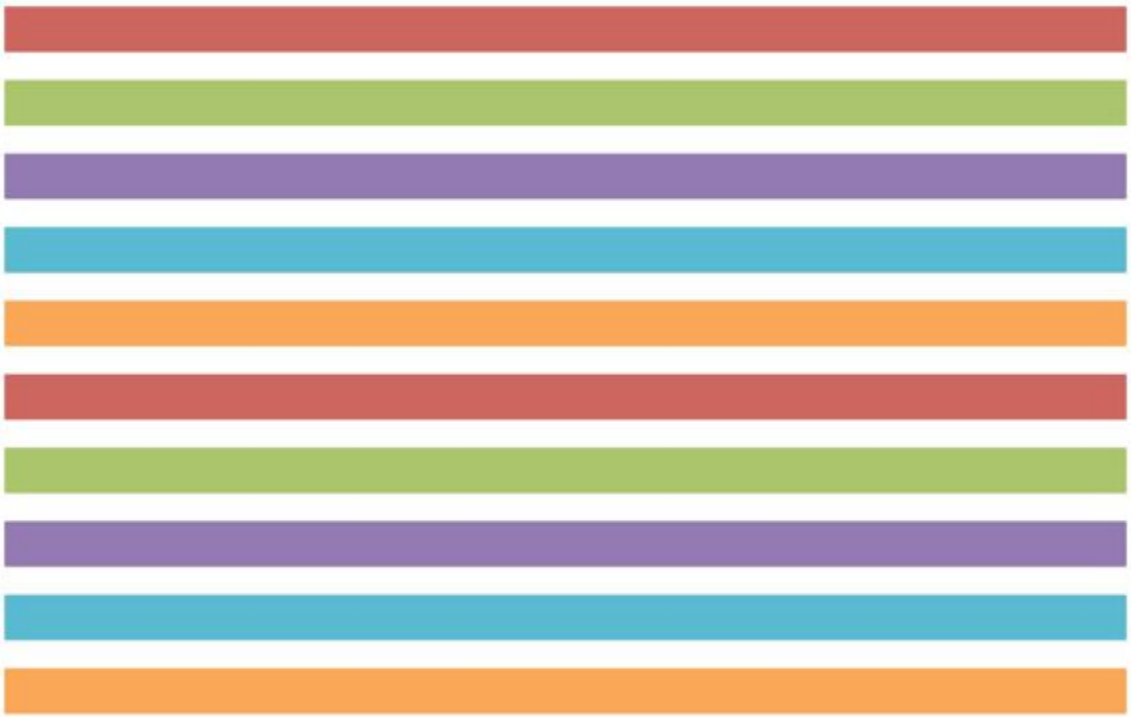
- **Suma root:** Suma root is an impactful adaptogenic that protects your mind and body against stress. Not only does it strengthen your adrenal glands, it also encourages the balance of hormones in your body. It also acts as an impactful immune system booster.
- **Curcumin or Turmeric:** Curcumin promotes your immune system, aids in digestion, supports the growth or healthy bones and joints, enables you to maintain your cholesterol levels and helps in promoting a healthy liver.
- **Oregano:** The rosemarinic acid that is a primary ingredient in oregano, acts as a strong anti-oxidant that provides support to your immune system. Oregano has important anti-fungal, anti-bacterial, anti-inflammatory and even anti-cancer properties that make it such a beneficial herb.

ESSENTIAL OILS AND THE IMMUNE SYSTEM

One of the best ways to elevate your immune system is through aromatherapy. In fact, the essential oils used in aromatherapy are considered to be some of the strongest natural immune boosters. They work in the following three ways:

- Through directly attacking the viruses and bacteria due to their impactful antiviral and antibacterial action.
- By influencing the production and stimulation of T-cells, B-cells and phagocytes.
- By providing a psychological boost through control of hormones secreted by the adrenals.

Almost all essential oils used in aromatherapy demonstrate a direct or indirect impact on your immune system. The figure below details some noted positive effects of essential oils.



How can you use these essential oils?

These essential oils can be used in a number of ways:

- **Massage oil:** Ten drops of an essential oil are mixed with 15 ml. of unscented carrier oil (almond or olive). The oil is then massaged over arms, legs and abdomen and is most effective when done after a shower.
- **In bath or shower:** This could be done by keeping a cloth soaked in essential oil under the shower head and breathing in the vapor while bathing. You could also boost your lymphatic system by scrubbing your skin with a washcloth to which 4 drops of Black Spruce have been added.
- **Aromatherapy diffuser:** An aromatherapy diffuser serves as a mood enhancer, disinfects the air and boosts immunity.

Here is an essential oil blend that you may use *in case you suffer from immune deficiency*

- 6 drops thyme
- 6 drops tea tree
- 3 drops roman chamomile
- 3 drops ravintsara
- 4 drops Niaouli
- 7 drops lemon
- 2 ounces sesame oil

The above oils should be blended together and used as a massage oil on the back and chest twice a day. A ten day break is advisable after a week's massage and then the massage can be resumed for another week. This blend can also be used in your bath.

Do you want to build your body's resistance? How about trying an aromatherapy blend? You may use this every day in your bath:

- 2 drops bergamot

- 2 drops ravensara
- 2 drops eucalyptus
- 3 drops tea tree
- 3 drops lavender
- 10 drops Tamanu oil
- 1 ounce Calendula infused carrier oil

Were you thinking of a lymphatic massage? Here is another blend that can be used:

- 12 drops grapefruit oil
- 12 drops lemon oil
- 12 drops rosemary oil
- 2 ounces carrier oil

MANAGING FEVER

Fever is generally your immune system's first response to any infection. A number of medical practitioners believe in the theory that encourages fever for better functioning of your immune system and eradication of virus and bacteria.

It must however be mentioned here that fevers above 100.4F (in children) and 104F (in adults) must be managed under the guidance of a trained medical practitioner since they may eventually lead to convulsions.

NATURAL FEVER BUILDERS:

Here are some natural and delicious fever boosters that when consumed as tea with honey can initiate free flowing mucus too:

- *Cayenne:* Cayenne is an antibacterial that elevates an already existing fever by improving blood circulation. It contains substantial levels of vitamin C and promotes sweating too. Cayenne can ease expectoration.
- *Cinnamon:* Cinnamon is milder than Cayenne and therefore becomes the herb of choice for children. It can be used in combination with fresh ginger for tea. A spoonful of honey only adds to the benefits.
- *Ginger:* The fresh ginger root boosts fever by elevating the circulation and promoting sweating.

NATURAL FEVER BREAKERS:

Sometimes a fever may go on for a prolonged period of time. You do want to bring it down for your safety and to diminish the associated signs of discomfort. The fever reducing herbs improve blood circulation, promote sweating, diminish chills and aches associated with fever and are usually bitter in taste.

- *Yarrow:* Approximately half a tablespoon of dried herb is recommended to be prepared as an infusion with one cup of water. It elevates circulation and sweating.
- *Elder flower:* A teaspoon of elder flower can be used to prepare herbal tea that can be used to eliminate any kind of toxins or infection from the body.
- *Peppermint:* Peppermint is a cooling herb that adds flavor to your tea and promotes sweating too. A teaspoon is good for a cupful of tea.
- *Catnip:* Usually used as an infusion or decoction, it is recommended as a decongestant and helps in lowering the fever. Half a tablespoon of dried herb can be used to prepare the decoction.

MANAGING ANEMIA

Your body cannot sustain itself in case your blood is deficient in oxygen, iron or other nutrients. Did you know that it is possible to demonstrate a normal level of hemoglobin and still be deficient in iron?

Symptoms of iron deficiency may include brittle and pale nails, weak appetite, compromised immune system, cracks at the corners of the mouth, constant fatigue and wiry hair. You may feel low and tired almost all the time. The most likely sufferers of iron deficiency anemia are women (this is due to the iron loss that occurs during menstruation). Pregnant women may require an enhanced supply of iron and folic acid. A natural tendency in this case is to supplement iron and folic acid through pills. This method of supplementation may however lead to zinc deficiency. Another important point to be noted here is that supplementation via pills can lead to constipation and accumulation of toxins inside the body.

Natural herbal supplements can flush the toxins out of your body. Vegetarians, typically demonstrate symptoms of iron deficiency. Here are some natural methods of dealing with anemia:

- The absorption of iron is facilitated through a diet rich in vitamin C and iron. These include grapes, apricots, cherries, bananas, avocados, red kidney beans, watercress and carrots.
- Coffee and tea should be avoided as it diminishes the absorption of iron.
- Sesame seeds are a great herbal remedy to boost your iron levels. Soak around a tablespoon of sesame seeds in water for four hours. Now, drain the water and crush the seeds. Add one tablespoon honey to the sesame seed paste and store in a refrigerator. Have a tablespoon full twice a day.

- Prepare your yummy spinach soup by boiling half a cup of spinach in water. You may season it with your favorite seasoning agents now. Consume this at least twice a day if you wish to observe a considerable improvement in iron levels.
- Consuming a medium sized pomegranate every morning aids in elevation of iron content in your body. Try and consume this empty stomach if possible.
- A tablespoon of dried parsley has the capacity to meet approximately ten percent of your body's iron requirement. You may want to incorporate this into your diets as a part of soups, sandwiches, salads, stews and sauces.
- Dates are a rich source of iron too. You may want to soak four dates in a cup of warm water for around four hours. Drinking this water twice every day will lead to a substantial rise in your iron levels.
- Soak around fifteen raisins in a cup of warm water. Let this sit overnight and consume these with a tablespoon of honey the next morning.
- The yellow dock root decoction is really effective in treating anemia. Yellow dock root is a remarkable herb – it does not possess awesome iron content but demonstrates an exceptional property of enhancing the ability of your body to absorb iron. It is therefore used in combination with other herbs.

The ingredients required to prepare this decoction are:

- Penny root – one teaspoon
- Yellow dock root – one teaspoon
- Stinging nettle herb – one teaspoon
- Chinese Angelica root – one teaspoon

- Molasses – three tablespoon
- Red clover – one teaspoon
- Water – seven cups

The procedure involves mixing all herbs in water which is taken in a stainless steel pan and heated on slow flame for around one hour. You must ensure that your pan is covered as it boils because the quantity of water may get diminished significantly during the process of boiling. Take the water off the flame and strain through a muslin cloth. Add molasses to this decoction and consume a spoonful at least three times in a day. Don’t like the taste? No problem – you always have the option to make this sumptuous by adding a tea spoon of honey every time you consume it!

MANAGING ATHEROSCLEROSIS

Atherosclerosis is a term used to describe the hardening of the inner lining of arteries with plaque and fatty deposits. This condition can occur anywhere in the body and leads to clotting of blood in the impacted arteries, eventually turning into blockage.

Have you heard of angina? Blockage of arteries in the heart is the main reason for an angina attack or pain in chest. A brain stroke results from blockage of arteries in the brain.

Another problem that may arise subsequent to atherosclerosis is arteriosclerosis (also called the hardening of arteries).

Major contributors towards atherosclerosis are inability to manage stress, sedentary lifestyle, high blood pressure, smoking and genetics. However, reckless eating is considered as a primary determinant.

Here are some natural healing strategies to manage atherosclerosis:

- Fried food and meats should be avoided.
- Giving up animal fat can tremendously help in atherosclerosis. This prevents clogging of arteries and discourages clotting and stickiness in blood.
- Fresh veggies and fruits can be extremely cleansing, nourishing, nurturing and can even help you reverse the damage that has already been done. Green leafy vegetables and a juicing lifestyle can do a ton of benefit.
- Coffee, carbonated beverages and tea are a strict ‘no’.
- Smoking should be avoided at all costs.
- The importance of exercise too cannot be stressed enough. Aerobic exercises such as swimming, cycling and running can

elevate your heart rate and diminish your cholesterol levels.

- Try and avoid stress as this encourages thickening of blood.
- Guavas, pineapples, capsicum and strawberries are highly advantageous in cleaning out the arteries. Capsicum is loaded with vitamin B6 which is instrumental in reversing the damage.
- Spinach and carrots can also help in atherosclerosis.
- A juice prepared with equal quantities of beet and grapefruit is extremely beneficial if consumed with a spoonful of apple cider vinegar.
- Combine three parts of hydrangea root, a few dried parsley leaves, one part of turmeric rhizome, one part of licorice root and one buckwheat leaf. Prepare a decoction and consume every six hours.
- A juice prepared by combining two carrots and two apples with two cups of alfalfa sprouts is extremely helpful if consumed every day.
- Another great herbal juice can be prepared by juicing two oranges, one grapefruit, one guava with one inch ginger and two cloves of garlic.
- Two cloves of raw garlic can be minced and consumed every day to prevent the risk of atherosclerosis.
- You may want to inhale and massage yourself with juniper or rosemary essential oils. These have also demonstrated some proven benefits in patients diagnosed with atherosclerosis.

MANAGING ARTHRITIS AND RHEUMATISM

Stiffness, pain, swelling, reduction in mobility…. The thought of arthritis scares you, doesn't it?

Osteoarthritis leads to degeneration of cartilage, joints, ligaments and muscles and Rheumatoid arthritis manifests itself as an autoimmune disorder where the body incorrectly identifies the lubricating fluid in joints as a foreign body and therefore stimulates an immune response.

Although extremely common and complex, arthritis can be managed through certain lifestyle changes and natural herbal remedies.

Some of these are mentioned below:

- Drink adequate amounts of water in order to lubricate your system.
- Consume loads of garlic.
- Dairy products, salts, sugars and red meat should not be consumed at all.
- Foods from the Solanaceae family should not be consumed at all. These include potatoes, eggplants and peppers.
- Oxalic acid rich foods should not be consumed.
- Tea, coffee, spinach, gooseberries, strawberries, gooseberries and must be avoided too.
- Apple cider vinegar can be consumed every four hours.
- Three parts of ginseng root combined with two parts of turmeric root, one part of plantain leaf and two parts of wild yam root is an

excellent remedy for arthritis. A decoction can be prepared using the above combination and consumed every day.

- A tea prepared by infusing valerian root in water can aid in sleep.
- Chamomile tea can act as an excellent sleep aid too.
- St. John’s wort can be massaged into the impacted area. This must be followed by an external application of a bag of frozen peas.
- Epsom salt (two tablespoon), St. John’s wort (one tablespoon), Lavender flowers (a handful) and apple cider vinegar (two cups) can be added to the bath. This helps in reducing the inflammation associated with arthritis.
- Alternate hot and cold showers can relieve stiffness and boost healing.
- Exercise can be introduced into the daily lifestyle – this should however be done slowly.

MANAGING ASTHMA

Asthma is often defined as a respiratory disorder marked by inflammation and subsequent constriction of air passages. Symptoms may include coughing, wheezing, difficulty in breathing and tightness in chest. The trigger factors are mainly allergens such as pollens, mites, mold and dust, cold air, viral sickness, emotional stress or exercise.

Research also suggests that most asthma sufferers have diminished hydrochloric acid levels that elevate the risk of infections and also lead to poor digestion and assimilation of food.

Here are a few natural remedies that can enable you to manage asthma:

- A mucus free diet is recommended
- It is advisable to include around three cloves of garlic in your everyday diet
- A few drops of lobelia leaf tincture helps in releasing the spasms and is therefore very useful in managing the attack
- Two tablespoons of apple cider vinegar is recommended for consumption every day. This helps in balancing the hydrochloric levels in the body
- Herbal teas made by infusing chamomile flowers, lavender, lime tree flower or betony leaf and flower are recommended
- Short term use of valerian root is recommended to diminish anxiety and aid in sleep
- Consuming raw chilies is also recommended in order to elevate circulation

- A tincture made out of eucalyptus root also helps in easing the tension in the lungs
- Alternate hot and cold showers accompanied by lobelia lead tinctures help in opening up the chest
- Equal quantities of ginger juice, honey and pomegranate juice can be mixed and refrigerated for up to two days. Around two teaspoons of this mixture is recommended three times a day
- Fenugreek decoction (prepared by one tablespoon of fenugreek leaves in boiling water) is very helpful in detoxification of lungs. This can be mixed with some honey and raw ginger juice and should be taken twice in a day
- You can boil around fifteen cloves of garlic in half a glass of milk and drink this once a day
- A few drops of eucalyptus oil can be poured on a paper towel and kept near your head (or over your pillow) when you sleep. This boosts proper breathing
- During an asthma attack, you may want to warm some mustard oil with camphor and gently massage it over your chest. This helps in clearing the passages
- Whole Reishi mushrooms can be used in food to strengthen the lungs. If this is not possible, a tincture may be used

MANAGING BRONCHITIS

Bronchitis can be termed as inflammation, infection or swelling of the bronchial tubes between your nose and the lungs. It may be chronic or acute and symptoms may include chest pain, difficulty in breathing, chest congestion, fever, muscle ache and fatigue.

Here are some natural remedies for managing bronchitis:

- You may want to eliminate wheat and dairy from your diet
- Mullein flowers can soothe inflammation and eliminate mucus. You may want to take these flowers and eucalyptus leaves in the ratio of 1:3 and prepare a strong tea, using one cup water. Drinking this three times a day can act as a powerful anti-inflammatory agent
- A few drops of Eucaplyptus oil, Tea tree oil or Pine oil can be added to boiling water. Cover your head with a towel and inhale the steam from this water. It helps in clearing the passages
- A teaspoon of ground ginger, cloves and cinnamon can be added to boiling water, stirred and consumed. Doing this consistently for a few days can produce some remarkable results
- To eliminate the cough that results from bronchitis, you can slice a raw onion and cover it with honey. Cover this bowl and let it sit overnight. Remove the onions from this mixture the next morning and consume the honey. Onions aid in flow of mucus owing to their expectorant action
- An herbal tea prepared by boiling around a tablespoon of lemon rind in water can be consumed to free yourself from virus and bacteria. Adding a bay leaf to this water provides the benefits of expectoration

- Soak around ten bay leaves in a bowl of hot water and apply these as a poultice on the chest. Cover with a kitchen towel and rewarm when it cools
- Thyme can prove to be an expectorant too. You can prepare thyme tea or use it as a seasoning agent

MANAGING CANDIDIASIS AND ORAL THRUSH

Candidiasis is a fungal infection, extremely common in women. Men and children can get impacted too.

This can occur anywhere in the body with most common sites being mouth, vagina, anus, bowel and stomach.

Symptoms of candidiasis may include gas, bloating, constipation, diarrhea, weight gain, PMS, joint pain and swelling, itching in hands and feet, bladder infection, kidney infection, alcohol intolerance, depression, night sweats, reddish pink blotches on the face etc.

Here are a few ways to manage this:

- Consider eliminating fruit and sugar from your diet for a period of two weeks, post which you can gradually reintroduce fruit
- Fresh lemon juice is advisable. This can be prepared by squeezing a lemon in a glassful of water. Relish this three times a day
- Chilies and hot foods can attract candida and must be avoided too
- Only whole grains and raw seeds, nuts and vegetables are recommended
- Apple cider vinegar, which is the most common remedy for poor digestion must be completely avoided
- Prepare a tincture using two parts of valerian root, one part passion flower and one part of chamomile flower. Consume a tablespoon at night in case you are experiencing difficulty in sleeping

- Four cloves of garlic should be consumed raw every day; garlic helps in reducing the level of fungus
- A tincture can be made using two parts of squaw vine herb, one part of red raspberry leaf, two parts of chaste tree berry and two parts of Siberian ginseng root. This tincture can balance your hormones and acts as an excellent support for the thyroid and adrenals
- A few drops of grapefruit extract can be consumed every day to get rid of candida
- A few drops of aloe vera juice can be consumed every day. This helps in maintaining gut health.
- External candida can be treated by application of highly diluted Tea tree oil. You may want to mix ¼ teaspoon of tea tree oil with a cup of safflower oil.
- Pure lavender oil is helpful for external use over the fungus
- Lavender essential oil may also be added to the daily bath. This has a soothing impact on the impacted individual
- Alternate hot and cold showers are recommended. It is also recommended that you finish the bath with a cold shower.

MANAGING COLITIS

Ulcerative colitis is an inflammatory condition impacting the digestive tract, especially the rectum and the large intestine.

Symptoms of ulcerative colitis can include rectal bleeding, bloody diarrhea, weight loss, abdominal pain, feeling of urgency and inability to have a bowel movement in spite of the urge to do so. Mouth ulcers, skin lesions, eye infections and rashes are some other symptoms that may occur.

Here are some proven natural remedies for managing colitis:

- Do not consume coffee, tea, carbonated drinks, cheese or milk.
- Do not consume any cooked spices. Instead focus on raw and cool spices or culinary herbs such as thyme and marjoram.
- Do not consume fibrous foods. Instead, focus on fruit and vegetable purees, soups and soft foods.
- Eat a clove of raw garlic with every meal.
- Equal parts of lobelia leaf, marshmallow root, wild yam root, barberry root bark, red clover flower and cramp flower can be used to soothe the inflammation and relax the spasm.
- Chinese licorice root tea can help in relief from constipation.
- Blessed thistle leaf tea can be used to boost digestion and diminish mucus production.
- A decoction made through boiling Boswellia herb in a cup of water has been known to help in ulcerative colitis.

MANAGING DIABETES

America is often called the land of junk food and sugar and this is the reason why a number of people get impacted by diabetes here. Here are some proven natural remedies to manage diabetes:

- Garlic is known to balance the quantity of sugar in your blood. Five large cloves of garlic per day is therefore a minimum requirement.
- A diabetic person should never fast and also not consume tea, coffee, carbonated drinks, alcohol or fruit juices.
- All refined sugar must be avoided. The herb, Stevia is recommended for occasional use.
- Oats can be consumed for breakfast. They are rich in minerals and vitamins and provide a ton of benefits to the body. You may also flavor your oats with spices such as cinnamon and cumin.
- Dried figs, raisins and dates should not be consumed by diabetics due to their high sugar content.
- A handful of pumpkin seeds, alfalfa seeds or alfalfa sprouts serve as excellent sources that help in maintaining your zinc levels.
- A strong tea or decoction made by mixing one part of burdock root and three parts of fenugreek seeds with a cup of water and simmered for around twenty minutes can help in management of diabetes. Drinking this tea thrice a day is extremely beneficial.
- A tincture prepared by using meadowsweet leaf and vinegar can also be used twice a day.
- You may soak fenugreek seeds in warm water and let it sit overnight. Drinking this water the first thing every morning helps in balancing the insulin levels of the body.

- Bitter gourd juice prepared by scraping off the seeds and blending the flesh in a blender is excellent if you want to notice a marked reduction in blood glucose levels. You may want to add some carrot juice in order to neutralize the bitter taste of this vegetable.
- An herbal tea made by boiling a handful of gymnema leaves in water decreases your power to sense the sweetness of food and therefore aids in resisting cravings.
- Juniper essential oil can be added in your massage oil or to your bath water.
- Hot castor oil packs can be used to relieve swollen pancreas.
- A regular exercise schedule and an active lifestyle are extremely critical in management of diabetes.

MANAGING ENDOMETRIOSIS

Endometriosis impacts roughly ten percent of women in their child bearing years. The condition has been described as extremely painful – in fact, some women mention that this is more painful than the process of child birth.

Symptoms of endometriosis may include painful periods, depression, fatigue, mood swings, painful intercourse, swollen abdomen, heavy bleeding, lower back pain and infertility.

The below mentioned steps can be taken in order to treat and manage endometriosis:

- A great diet consisting of vegetables, fruits, whole grains and plenty of citrus fruits is important.
- All dairy products, meats and eggs should be avoided.
- Chocolate, tea and coffee produce excess estrogen and must therefore be avoided.
- Yarrow leaf and alfalfa leaf can be used in equal proportions (one teaspoon of both is recommended) to create a cup of herbal tea that can be consumed three times in a day. Yarrow boosts the flow of bile, helps in liver digestion, diminishes the growth of candida, regulates irregular flow and works as an antispasmodic.
- Liver herbs such as milk thistle, barberry root bark and cinnamon sticks can be used to prepare decoctions that can be consumed twice every day.
- Lobelia leaf and black cohosh root are mixed together in equal proportion to prepare an herbal tea that can aid in pain relief.
- One ounce of chaste berry seeds, two ounces of yarrow flowers, two ounces of skullcap herb and one ounce of wild yam root can be mixed together to create a herbal tea that can be consumed

three times in a day starting from the day ovulation begins. This can be continued till the end of menses.

- Two ounces of chaste berry seeds, two ounces of milk thistle seeds, one ounce of partridgeberry herb, two ounces of wild yam root and one ounce of valerian root can be mixed together to create a herbal tea that can be consumed three times a day. You should start consuming this as your menses end and continue till the beginning of ovulation.
- Castor oil packs can be used to alleviate the pain.
- Fat stores estrogen. Lose weight if required. Spirulina can aid in weight loss and also help with cramps.

MANAGING MIGRAINE

Migraines may be caused due to a variety of reasons. And then talk about gender bias….

Three out of four sufferers are women! The causes can be linked to your menstrual cycle, stress, alcohol, smoking, lack of sleep or inadequate diet.

Here is what you can do to naturally manage your migraine:

- Dietary changes are of prime importance. It is imperative to eliminate alcohol, coffee, tea and dairy products from your diet.
- Plenty of pure soft water is advisable.
- Sometimes a hot washcloth may calm your headache. This is also a sign of constricted blood vessels. A tea prepared by using a tablespoon of rosemary leaf in a glassful or water can aid in dilation of blood vessels.
- In case placing an ice pack on the temples relives your pain, you may want to constrict your over dilated vessels. You can try the chamomile tea or lime flower tea in this case. Both work as perfect remedies to constrict your blood vessels.
- Meadowsweet leaf and willow bark both contain salicylic acid which acts as a pain reliever for headaches. Both can be used in equal proportions to create a decoction that can be consumed up to three times in a day.
- A tea prepared by using feverfew flowers can relieve the headaches.
- Rubbing peppermint oil on the part of your head that hurts can work wonders in treating migraine.

- Ginger tea can help in eliminating the nausea associated with migraine.

MANAGING HEPATITIS

Hepatitis is one of the most common diseases of the liver and has a number of causative agents. A hepatitis lasting more than six months is called chronic hepatitis and also elevates the possibility of other liver diseases in the body. Acute hepatitis is usually accompanied by fever, chills and malaise.

The disease may need different kinds of treatments depending upon the type of hepatitis. However, most types will respond to the below mentioned treatment:

- Cooked and raw hot spices must be avoided.
- Complete abstinence from alcohol should be practiced.
- Gentian root is a powerful liver tonic that can be consumed before meals. A teaspoon of the gentian herb boiled with a cup of water to create a bitter sweet tea can be extremely impactful.
- Milk thistle decoction should be used in small doses, carefully avoiding pushing the liver too far.
- Castor oil packs on the liver are extremely helpful.
- A decoction prepared out of the barberry root bark can be used to cleanse and detoxify the liver.
- Dandelion root is one of the best treatments for strengthening your liver. An herbal tea prepared by using this can be consumed twice daily for long term benefits.

PREVENTING CANCER AND AIDS

How do you heal yourself when you cut your skin accidentally? Do you do anything to heal that cut?

No! You may apply an ointment or wash off the cut with some betadine solution in order to prevent yourself from infection. However, the actual healing is accomplished by your body.

Your body has an amazing power to heal itself. And it can use this power to heal itself from any disease – even Cancer and AIDS!

It is your biggest doctor that only needs some help from you – it needs your permission to allow it to begin the process of healing!

The modern or the allopathic system of medicine treats cancer through surgeries, chemotherapy or radiotherapy.

Did you know that the side effects of chemotherapy are far more than the benefits it can offer to your body?

The side effects of the drugs used in chemotherapy include:

- Disorientation
- Lethargy
- Partial or complete hair loss
- Severe cellulitis
- Bone marrow depression
- Chills
- Fever
- Prolonged nausea and vomiting
- Dysarthria

- Anorexia
- Erythema
- Liver failure
- Gonadal suppression
- Leucopenia
- Destruction of the immune system….

The list seems to be endless!

In light of this, the need for some proven natural herbal remedies becomes extremely evident.

The cases of AIDS and cancer are extremely high in today's society but the good news is that they can be prevented. One simple step is a modification in the food choices that you make.

Refined flour, sugar, processed pre-packaged foods are all things to be avoided.

Studies have proved that a reduction in saturated fats, eggs, butter and untrimmed meats can help in eliminating AIDS and cancer. A completely vegetarian diet can in fact put AIDS and cancer into remission.

You need to work on improving your overall immunity through proven natural methods and herbal remedies. The remedies provided in the previous chapter on managing your immune system can serve as a helpful guide. A diet rich in oranges, bananas, leafy greens, broccoli and carrots all contain cancer preventing vitamins and fiber and must be a part of your daily diet.

The eight pillars of the great immune system can serve as a helpful guide and can enable you to maintain a considerable distance from cancer and AIDS, if practiced consistently.

It is important to note that each one us has cancer cells in our body. Now, the good thing is that these cancer cells are weaker than our

normal body cells. By improving your immune system and making important dietary modifications, you are ensuring that these cells remain weak and do not overpower your normal body cells.

Here are some natural strategies to follow in order to fight cancer by elevating your immune system:

- Eliminate all junk food and sugar from your diet.
- Do not consume a high fat diet. This may involve making a switch from whole milk to skimmed milk.
- If you have been diagnosed with cancer, switch to a totally raw diet that includes raw veggies, nuts, fruits and sprouted grains. This means no cooked beans, potatoes or pasta. It does sound tough but believe me it is much simpler than chemotherapy.
- Carrot juice is known to be an excellent source of vitamin A and vitamin A has a remarkable ability to impede the growth of tumors.
- Plenty of pure soft water is recommended. You may therefore consume lots of reverse osmosis water or distilled water.
- A few minutes of sunshine every day does a lot of good to your body.
- It is also recommended that you spend a minimum of ten minutes on the soil. During this time, you must remove your shoes and walk barefoot on the earth.
- Did you know that cancer cells cannot survive in the presence of oxygen? Loads of fresh air therefore becomes extremely important. Practice deep breathing every morning for at least ten minutes.
- Outdoor exercise helps in killing cancer cells – it provides you with the goodness of sunlight and fresh air. Ditch the gym and get out in fresh air!
- The earlier you go to bed, the better it is. Try and follow the age old principle of -‘Early to bed, early to rise…’.

- Herbal tea made by boiling flowers of red clover is extremely beneficial for cancer. You can take it at night before going to bed and then early morning soon as you wake up.
- A decoction made by boiling Astragalus with water is also helpful.
- Cat’s claw acts as an excellent friend to Astragalus and is known to facilitate reduction of side effects of chemotherapy and radiotherapy.
- Freshly juiced wheatgrass can act as a blood purifier and a kidney and liver cleanser.
- The most important thing that can prevent cancer is your ability to deal with stress. Leave some things to the superpower and watch them being handled to perfection.

SEVEN MORE HERBAL REMEDIES

This chapter lists some common herbal treatments that can form a part of your first aid kit.

- **Herbal paste for burns, wounds and sprains:** In order to prepare this paste, you would need four parts of slippery elm bark, one part of lavender leaf, four parts of lobelia leaf, eight parts of comfrey flowers and one part of bentonite clay. Keep these ingredients separately and mix them together in the mentioned proportion using a base of honey, aloe vera gel and wheat germ oil. Spread evenly on the impacted area and let the paste work its magic for some time. You may choose to apply some more if needed.

- **Digestive tincture:** Prepare separate tinctures using ginger root, fennel seeds and peppermint leaf. Combine and use as needed.

- **Regenerative ointment:** This ointment is used in the repair and regeneration of ligaments, tendons, bone and flesh. It is prepared by combining six parts of powdered oak bark, three parts of powdered mullein leaf, three parts of powdered black walnut bark, one part of powdered lobelia leaf, three parts of powdered gravel root and one part of powdered comfrey leaf.

- **Herbal anti-miscarriage tea:** Take plenty of bed rest along with herbal tea prepared by using three parts of powdered Solomon's seal root and one part of powdered lobelia leaf. This tea can be consumed every two hours or until bleeding stops. You must seek medical advice as well.

- **Trauma ointment:** This is prepared by combining equal parts of St. John's wort flower, arnica flower oil and marigold flower oil and then mixing them in a base of extra virgin cold pressed oil.

- **Herbal spray for burns and bites:** Half a teaspoon of lavender essential oil and one cup distilled water can be combined together in a spray bottle to be used over bites and burns.
- **Herbal antiseptic ointment:** This can be prepared by using powdered marigold flowers, barberry root and thyme leaves. They need to be mixed together with a base of beeswax and olive oil.

Thank You

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To your Health,

Sanford Evans